**Become A** **Home Herbalist**

A 9-Month Educational Program

Learn how to create your own herbal products for yourself and your family. Herbalist & Holistic Health Educator, Connie Karstens, MS will instruct a nine-month intensive program that will empower you, with knowledge and confidence, to become your own herbalist. This series of classes take you through the seasons, so you can prepare an entire apothecary of safe, gentle, and effective herbal products.

This program will include a solid foundation for plant identification, wild food foraging, numerous preparation techniques, and knowledge on proper usage. By the end of the class, not only will you have stocked your own botanical pharmacy, but you will know and understand how and why to use the herbal preparations that you have created. Now more than ever it is important to learn these skills.

This is a rare opportunity for hands-on learning and gathering plants with a local herbal practitioner. Sign up today to become a part of this amazing program! Certificate of Completion awarded.

**2023 Class Dates**

The course includes a total of 14 classes. There are 10 Tuesday night classes from 5:00 pm – 8:00 pm. May, June, July, and August have an extra Saturday class because of the abundance of plants to gather and make into preparations. Over 40 hours of class time.

**Exact class dates for 2023 are not yet determined.**

**Program Instruction Cost:** $50 deposit **+** $925 = $975 total. (check or cash)

* Additional $25 for credit card payments

*Payment plan option - 3 payments of $325 (Due on: March, June, September)*

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Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_Zip: \_\_\_\_\_\_\_

Phone(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment Method for Become A Home Herbalist 2023:

Deposit Fee: Yes: \_\_\_\_\_ No: \_\_\_\_\_ Amount Paid: \_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

 Cash or Check: Amount Paid: \_\_\_\_\_\_\_  Credit Card: Amount Paid: \_\_\_\_\_\_\_\_\_

**Become A Home Herbalist**

**FREE Making & Using Herbal Card Set!**

**What to expect:**

This course is essential for those wanting to take charge of their own health and who have a desire to become informed, educated, and more independent.

The class will explore the historical roots of herbal medicine and will help you learn how to use botanical medicines for basic natural healthcare. The student will gain an understanding of simple herbal aids for many common ailments and first aid uses. This course will teach the basics of preparing herbal medicines in your own home. You will also learn about planning, planting, and using your very own medicine garden.

 **You will learn about the following over the 9 -month course:**

* Fresh & Dried Tinctures
* Bark Tinctures
* Root Tinctures
* Medicinal Herbal Wines
* Medicinal Herbal Syrups
* Medicinal Herbal Teas
* Herbal Pastilles
* Herbal Lozenges
* Medicinal Vinegars
* Herbal Infused Honeys
* Herbal Oxymels
* Drying Herbs & Storing Herbs
* Freezing Herbs
* Make a “Green Jar”
* Poultices
* Compresses
* Liniments
* Oil Infusions
* Salves & Ointments and Formulas
* Herbal Hydrotherapy & Formulas
* Herbal Actions & Corresponding Herbs
* How to Put It All Together to Select
* Herbs for Common Aliments
* Using Herbs Safely

This course will require some independent work and research. Along with quizzes, presentations, and group collaboration, there will be a great deal of hands-on learning. By the end of the class, you will have well over 50 herbal preparations for your own personal herbal pharmacy. Plus, the knowledge on how to safely and effectively use every preparation that you made.

As a bonus, you will become well-informed on how to wild forage with common plants in the local area. We will do much hands-on collecting of plants for medicine and food. Also, a private Facebook group will be created for the class to ask questions and collaborate with each other. Open office hours will be held for those who have questions about the class material. These bonus opportunities are for students to gain the most out of this class.

*Limited Space. The course will fill up, so register early.*

**5 Reasons to Take This Course:**

1. **Hands-on-learning.** There are a ton of herbal classes offered online but getting to know the plants in person will teach you so much more!
2. **This course will change your life.** You will never look at weeds the same way again!
3. **Practical information to incorporate into your daily life.** You will learn how to identify, collect, and prepare healing herbs.
4. **You will create your very own herbal apothecary**. You will have the chance to make 50+ herbal preparations throughout this class!
5. **Get a FREE Making & Using Herbal Preparation Card Set.** This tool will be a great reference throughout this course and beyond.